

Chart 4B: Child and Adult Care Food Program Meal Pattern for Children and Adults: Lunch and Supper

Select all five components for a reimbursable meal

Meal Component ²		Minimum Quantities				
		Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18 ¹ (at-risk afterschool programs and emergency shelters)	Adult
Fluid Milk ³		4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz ⁴
Meats/Meat Alternates (<i>Edible portion as served</i>)	Lean meat, poultry, or fish	1 ounce	1-1/2 ounces	2 ounces	2 ounces	2 ounces
	Tofu, soy products, or alternate protein products ⁵	1 ounce	1-1/2 ounces	2 ounces	2 ounces	2 ounces
	Cheese	1 ounce	1-1/2 ounce	2 ounces	2 ounces	2 ounces
	Large egg	1/2	3/4	1	1	1
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	1/2 cup
	Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ⁶	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
Nuts and seeds may be used to meet no more than 50 percent of the requirement		1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetable ⁷		1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fruits ^{7, 8}		1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/2 cup
Grains (oz eq) ^{9, 10}	Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice	2 slices
	Whole grain-rich or enriched bread product, such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	1 serving	2 servings
	Whole grain-rich, enriched or fortified cooked breakfast cereal ¹¹ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1 cup

¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

² Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

⁴ A serving of fluid milk is optional for suppers served to adult participants.

⁵ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁶ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁷ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁸ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁹ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

¹⁰ Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grain.

¹¹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).